

## CLAIMS

1. A glycosidase inhibitor comprising an extract of *Ascophyllum nodosum* as an active ingredient.
2. A glycosidase inhibitor comprising a purified substance of the extract according to claim 1 as an active ingredient.
3. The glycosidase inhibitor according to claim 1 or 2, which is in the form of food and drink.
4. The glycosidase inhibitor according to claim 3, which is in the form of healthy food or food for specified health uses for the treatment and/or prevention of diabetes.
5. A method of inhibiting glycosidase, which comprises administering an extract of *Ascophyllum nodosum* to a mammal.
6. A method of treating or preventing diabetes, which comprises administering an extract of *Ascophyllum nodosum* to a mammal.
7. Use of an extract of *Ascophyllum nodosum* for producing a medicine or food and drink which inhibits glycosidase.
8. Use of an extract of *Ascophyllum nodosum* for producing a medicine or food and drink for treating or preventing diabetes.